

CONCLUSIONS

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Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 10-week training program consisting of three sessions per week of aerobic exercise. The control group did not exercise. The HR and HRR were measured at rest and during exercise at the beginning and end of the 10-week period. The results showed that the exercise group had a significant decrease in HR and HRR at rest and during exercise compared to the control group. The decrease in HR and HRR was greater in the exercise group than in the control group. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary, middle-aged men.